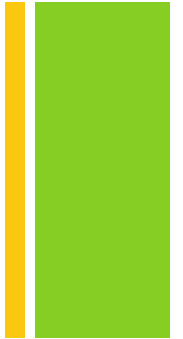




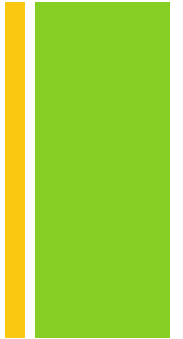
Welcome!

- Please take a look at the handout, with a list of “Strengths of Successful Changers”
- Using this list, please identify a descriptive skill, strength or quality you value about yourself. Ideally, the skill, strength or quality you value about yourself will start with the same letter as your first initial; for example, if my name is “Ali,” I might choose “Active” for “Active Ali”

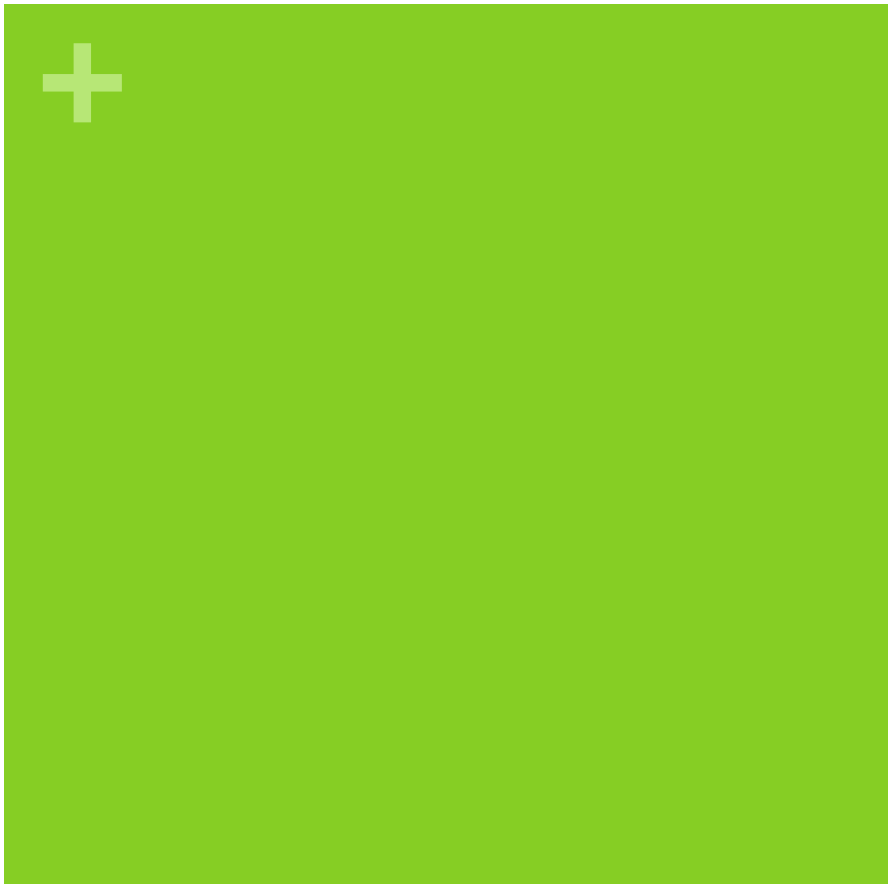




Opening Activity: Self Affirmation Example #1



- Please find a partner to talk with
- 4 minutes total time: please introduce yourself to one another, elaborating on what the descriptive quality you've identified means to you and how you use that quality
- When the chime sounds, please thank each other for the conversation



Bringing Down the Walls Between Us: Raising Change Through Self-Affirmation

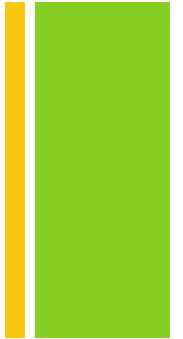
Facilitated by Ali Hall, JD

Member of the Motivational Interviewing Network of Trainers
(MINT)

Nevada State Conference on Problem Gambling 2018

+ **Session Objectives:**

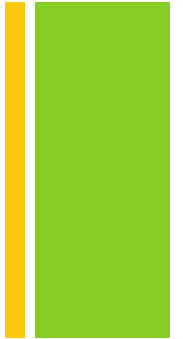
- Identify three benefits of using self-affirmation activities with clients
- Enhance our ability to facilitate a self-affirmation activity
- Identify three different kinds of self-affirmation activities to use in client conversations





“Self-Affirmation”—a definition

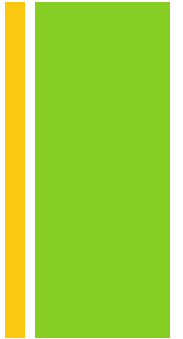
- *Self-affirmations comment on something that is good about oneself. They involve noticing, recognizing and acknowledging the positive. A self-affirming comment can be about something specific such as one’s qualities, efforts, intentions, values, or actions...it is also possible to self-affirm by reframing our actions or a situation in a positive light...*





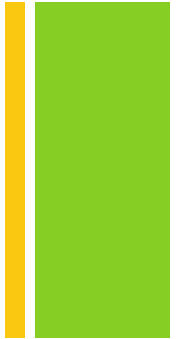
The Importance of Self-Affirmation

- Facilitates engagement and retention with helpers and other professionals
- Reduces defensiveness
- Increases openness to new or potentially threatening information
- Facilitates change



+ Self-Affirmation Activity

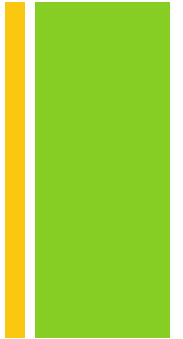
Example #2



- Take a look at the Values grid handout
- Identify 2-3 values that you strongly cherish for yourself, and center on the top 1 of those for you
- Find a partner and describe to each other why you cherish that value and what you are currently doing in your life that is consistent with that value

+ Self-Affirmation Activity

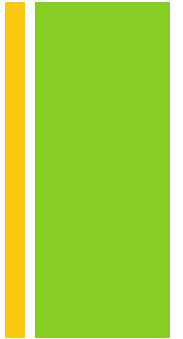
Example #3



- Fill in the blank: “A year from now, I’m going to be glad I started doing _____ today.”
- Find a partner and discuss. Identify at least one thing you can do to set that in motion today and tell your partner about it.



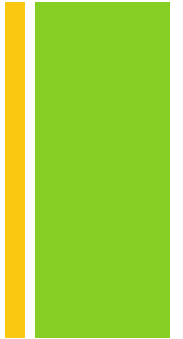
Examples of Self-Affirmation Activities



- Asking clients to identify skills, strengths, capacities and positive qualities—write about, or discuss with you or others what they value about these qualities and how they use these qualities in their life generally or in specific situations (like a past success or overcoming current challenges)
- Asking clients to identify two or three of their strongly-held values and to describe in writing or in conversation what those values mean to them and how they are currently acting consistently with those values
- Asking clients to imagine “a year from now, I’m going to be glad I got started on *this change* today...’ What is *this change* and what is one thing the client can do to set in motion right away?
- Affirming your client, and asking them how that skill or strength feels accurate to them.



Affirming Others



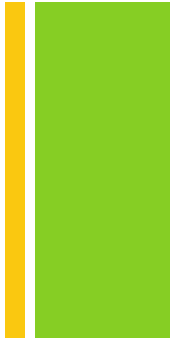
■ How to formulate (format)

<“What in one context will be received as warm appreciation may in another be seen as over-the-top hyperbole or even sarcasm...”>

■ What to affirm (content)

Sometimes we have to step out of our own contextual comfort zone, to be able to come up with an appropriate affirmation.

+ Something to consider...



“The deepest principle in human nature is the craving to be appreciated.”

William James

+ **An easy one to start with**

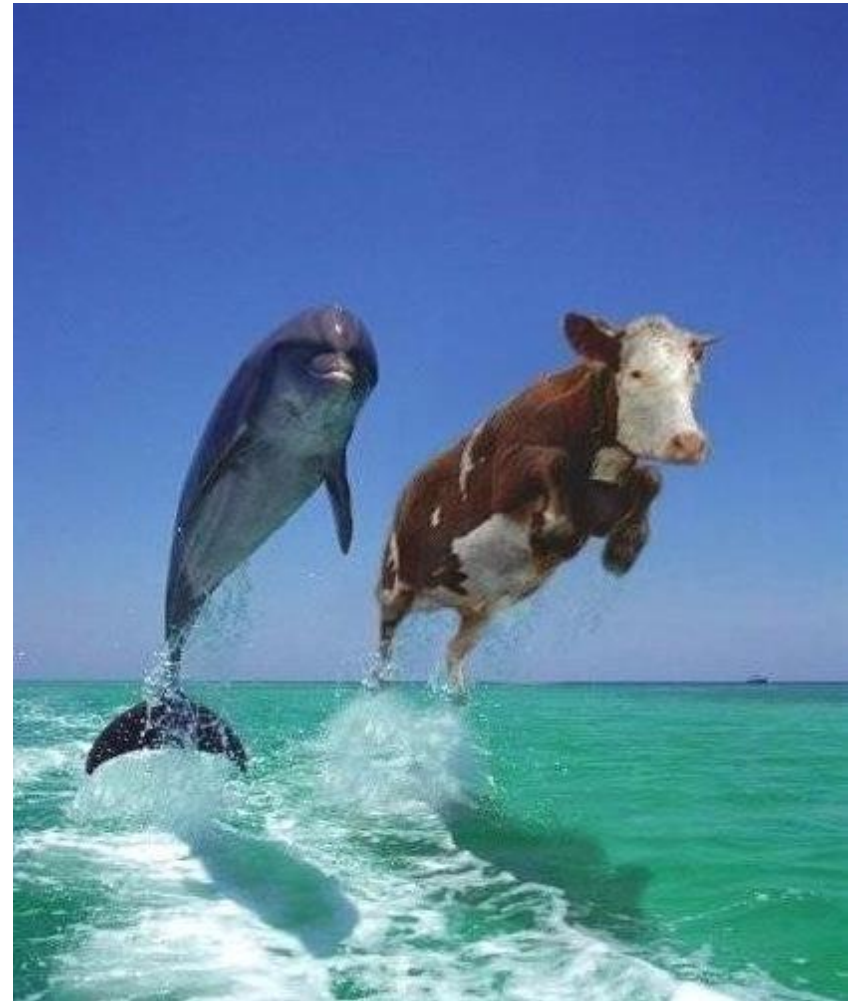
Your child has made this drawing for you.
What affirmation would you provide?



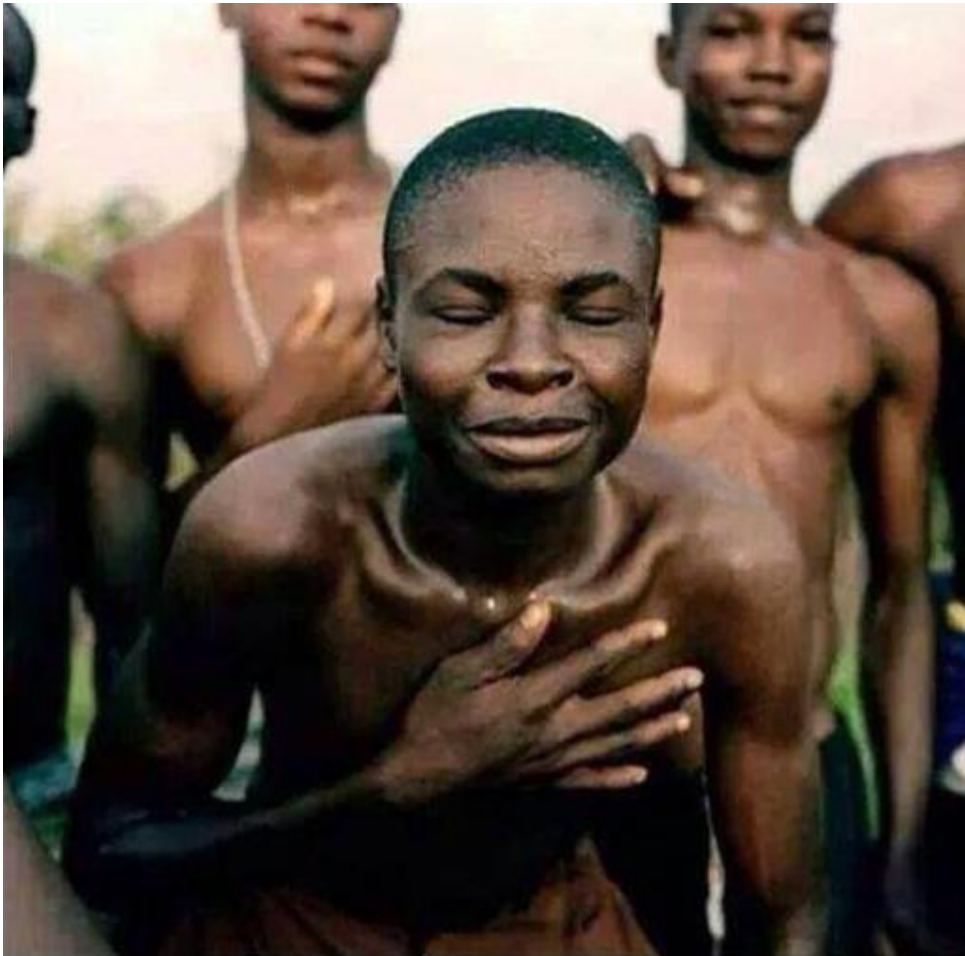
+ An out-of-the-box challenge

What affirmation would you provide to the cow?

And to the dolphin?



+ Affirmations:



In this African tribe, when someone does something wrong, they take the person to the center of the village where the tribe surrounds him and for 2 days say all the good he has done. The tribe believes each person is good but sometimes people make mistakes, which are really a cry for help. They unite to reconnect him with his good nature.



Session Objectives, Revisited:

- Identify three benefits of using self-affirmation activities with clients
- Enhance our ability to conduct a self-affirmation activity
- Identify three different kinds of self-affirmation activities to use in client conversations





For Additional Information

Organizational Implementation,
Training, Consulting and Research
Support

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